

Use A Food Thermometer

Thermy™



"IT'S SAFE
TO BITE
WHEN THE
TEMPERATURE
IS RIGHT!"

Temperature Rules!

... for cooking foods at home.

145 °F • Beef, lamb & veal steaks & roasts, medium rare (medium—160 °F)

160 °F • Hamburger, meatloaf, pork, veal & lamb
• Pork chops, ribs & roasts
• Egg dishes

165 °F • Ground turkey & chicken
• Stuffing & casseroles
• Leftovers

170 °F • Chicken & turkey breasts

180 °F • Chicken & turkey whole bird, legs, thighs & wings
• Duck & goose

It's the only way to tell if your food has reached a high enough temperature to destroy harmful bacteria.

FSIS

Food Safety
and Inspection Service

U.S. Department of Agriculture

www.fsis.usda.gov/thermy

USDA Meat and Poultry Hotline

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E-mail: mpholine.fsis@usda.gov